



EDITORIAL | SJIP 2026

A Journal Finds its Feet

Kaushik Bharati* 

Editor-in-Chief, SAAP Journal of Integrative Physiology

Every journal has a beginning. But the more meaningful moment comes when it begins to develop a rhythm of its own and finds its feet.

As we bring out the third and final issue of the *SAAP Journal of Integrative Physiology (SJIP)* for 2026, I am delighted to look back on a year in which our young journal has taken some important steps forward. We have published all three issues on schedule, which is a seemingly simple achievement, but one that requires the sustained commitment of many people behind the scenes.

I would therefore like to begin by expressing my sincere gratitude to the Editorial and Advisory Boards for their collective effort, guidance, and encouragement. A journal is never the work of an Editor alone; it is built by authors who contribute their ideas, reviewers who give their time, and an editorial team that quietly brings everything together.

There is now another reason for optimism. SJIP is slowly taking off. We are seeing a steady flow of manuscripts into the publication pipeline, with enough material already available to provide some surplus for forthcoming issues. For a new journal, this is an encouraging transition, from waiting for submissions to having to plan ahead. It suggests that SJIP is gradually becoming a platform that colleagues across South Asia are willing to engage with.

Another small yet significant milestone is that the articles published in SJIP are being indexed in Google Scholar within the short span of its launch this April. Efforts are continuing to achieve indexing in other platforms and databases. Visibility takes time, but every such step helps a journal travel a little farther beyond the pages in which its articles first appear.

The present issue reflects the breadth of that journey. Following a Guest Editorial by the President of SAAP, we bring together ten articles: three original articles, two reviews, two perspectives, and three student articles.

The original articles come from Nepal, Sri Lanka, and Pakistan, covering multiple intelligence and learning styles among medical students, the relationship between spirometry and handgrip strength,

and ECG changes in moderately anemic university students. Our reviews turn to two fascinating and contemporary subjects, namely, tilt table testing in migraine, from Bangladesh, and the spillover and spread of Nipah virus from bats to humans, from Sri Lanka, which is a subject of considerable importance in an era of emerging and re-emerging infections.

The two perspectives, both from Sri Lanka, take us beyond conventional research findings into reflection and institutional experience. One revisits Michael's framework for physiology education, while the other chronicles the progress of a newly established medical faculty at the University of Moratuwa.

It is particularly gratifying to see our student section continuing to grow. All three student contributions in this issue explore neurological themes. From India comes an exploration of computational neurology and Alzheimer's disease; from Nepal, a thoughtful discussion of sleep and the culture of sleep sacrifice among the medical fraternity; and from Pakistan, an examination of the gut-microbiome-brain axis in Parkinson's disease. These articles remind us that curiosity does not wait for seniority. Rather, some of the most interesting questions in medicine are already being asked by the next generation.

As I look at this final issue of 2026, I am conscious that SJIP is still at the beginning of its journey. But beginnings matter. A journal grows one manuscript, one reviewer, one author, one reader, and one issue at a time.

The hope is that, with the continued support of the SAAP community and our colleagues across the region, these beginnings will develop into something enduring. May SJIP become not merely a journal that publishes South Asian physiology, but a journal that connects, represents, and amplifies the voices of the physiology and medical fraternity across South Asia and beyond.

With that hope, I invite you to read this issue and to join us in building what comes next.

*Address for Correspondence:

Dr. Kaushik Bharati

Ambassador, Asian Council of Science Editors

WZ 43-44, Om Vihar Phase 3, Uttam Nagar, New Delhi - 110059, India

E-mail: dr.kaushik.bharati@gmail.com

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